



Roast vegetable tray

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tbsp vegetable oil
- ☐ 6 medium carrots ends trimmed
- ☐ 6 small parsnips ends trimmed
- ☐ 4 small onion
- ☐ 1 small rutabaga thick cut into wedges
- ☐ 1 large knob butter

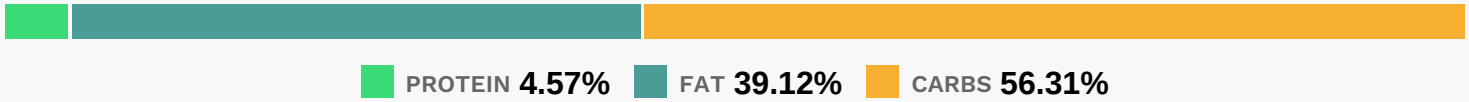
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Pour 3 tbsp of the oil into a roasting tin, scatter and roll the vegetables in the oil and season with salt and pepper.
- ☐ Drizzle with the remaining oil. Can be prepared to this stage up to an hour ahead.
- ☐ Roast the vegetables for 45–55 mins until tender and golden brown.
- ☐ Brush with butter before serving.

Nutrition Facts



Properties

Glycemic Index:41.31, Glycemic Load:14.91, Inflammation Score:-10, Nutrition Score:22.760000129433%

Flavonoids

Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

Nutrients (% of daily need)

Calories: 277.01kcal (13.85%), Fat: 12.61g (19.41%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 30.02g (10.91%), Sugar: 13.74g (15.27%), Cholesterol: 7.53mg (2.51%), Sodium: 85.8mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Vitamin A: 10279.7IU (205.59%), Vitamin K: 60.13µg (57.27%), Manganese: 1.06mg (52.87%), Vitamin C: 41.4mg (50.18%), Fiber: 10.83g (43.33%), Folate: 131.13µg (32.78%), Potassium: 943.02mg (26.94%), Vitamin E: 3.64mg (24.27%), Phosphorus: 162.73mg (16.27%), Magnesium: 63.41mg (15.85%), Vitamin B6: 0.31mg (15.59%), Vitamin B1: 0.23mg (15.35%), Vitamin B5: 1.21mg (12.09%), Copper: 0.24mg (12.09%), Calcium: 101.26mg (10.13%), Vitamin B3: 1.96mg (9.82%), Vitamin B2: 0.14mg (8.2%), Zinc: 1.22mg (8.13%), Iron: 1.34mg (7.44%), Selenium: 3.34µg (4.78%)